

## CHRIS REYNOLDS



SUE AND CHRIS REYNOLDS...AND "JACK"

Again, on Saturday, December 20 at about noon, I had just finished a 14-mile mountain bike ride with my buddy. As I was lifting my bike on to the rack at the rear of my car, I experienced severe pain in both elbows and wrists simultaneously. I thought it might be flu related since I had had an upset stomach and felt like throwing up during my ride.

I started to drive home and initially took a side street because I was also feeling light headed and a little disoriented and did not want to get onto the highway right away. I pulled over and threw up and then went a little further stopping again about three times before I decided to get on the highway. There was a fire station across from where I accessed the highway but I did not interpret my symptoms to be anything more than flu related. As I was driving up the hill to my house the wrist and elbow pain returned.

Once home, I threw up and this was surprising since I had not eaten much during my ride. I thought I needed to lie down or take a hot tub. I thought that if I just allowed myself to calm down I would be okay. Wrong.....a few minutes later I experienced the most pain I have

ever felt. It was as if someone was tightening a band around my chest. This went on for a few minutes and then I decided to call 911. I was at home alone and I know this call saved my life. As I sat on my living room floor in severe pain, I could only await the sound of the sirens coming up the hill. The fire department and ambulance arrived within 10 minutes of my phone call. They found me sitting on the floor and made an assessment. Within 7 minutes they had decided to take me to the hospital. As I entered the ambulance, I remember a paramedic telling me they were going to give me an I-V. I woke up on Wednesday morning not knowing what had happened during my four days in intensive care. My wife and daughter Samantha (who were outstanding and my true link to life during these days) recreated events for me. I subsequently found out that I flat lined immediately in the ambulance and then twice more on the way to the hospital. At the hospital I flat lined twice more.

All in all, my acute myocardial infarction (MI) should have/could have been worse than it was. I was fortunate to have the presence of mind to call 911 when I did. Their response and treatment of me was outstanding. So, within the "golden hour" of the event, I was treated by paramedics, firemen and doctors and nurses at the hospital. They all contributed to saving my life. I have no discernible heart damage and am full healthy and recovered and back to mountain biking 3-4 times a week.

I had the outstanding love of my wife, daughter, family and friends to aide me throughout the entire process.

I am grateful to the many talented and skilled professionals who interceded on my behalf.

—Chris Reynolds  
July, 2009